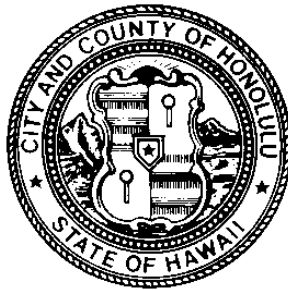


DRIVER TAILGATE LESSON PLAN

A Professional Driving Attitude



CITY AND COUNTY OF HONOLULU
DEPARTMENT OF HUMAN RESOURCES
Division of Industrial Safety and Workers' Compensation

PROFESSIONAL DRIVING ATTITUDE

PROFESSIONAL DRIVERS HAVE PROFESSIONAL DRIVING ATTITUDES. A POSITIVE ATTITUDE CAN GO A LONG WAY TOWARD PREVENTING ACCIDENTS, JUST AS A POOR ATTITUDE CAN PLAY A SIGNIFICANT PART IN CAUSING ACCIDENTS.

DRIVING PSYCHOLOGY

PROFESSIONAL DRIVING ATTITUDES ARE EXTREMELY IMPORTANT TO PROFESSIONAL DRIVERS. IT IS OFTEN WHAT SETS THEM APART FROM EVERYDAY, ORDINARY DRIVERS. ONE WAY OF LOOKING AT **YOUR** DRIVING ATTITUDE IS WITH A PSYCHOLOGICAL SYSTEM KNOWN AS **TRANSACTIONAL ANALYSIS**. THIS SYSTEM IS COMMONLY REFERRED TO AS **TA**. TA STARTS OUT BY SAYING THAT EACH OF US CARRIES AROUND IN OUR HEAD THREE PERSONS. THEY ARE:

Child



Adult



Parent



YOU LEARNED TO BE THESE THREE PEOPLE OVER THE YEARS, AND THEY NEVER LEAVE YOU. IN FACT THEY ARE NOT ONLY STILL WITH YOU, BUT THEY ARE THE CONTROLLING FORCES IN THE WAY YOU RESPOND TO ANY SITUATION. IN OTHER WORDS, YOUR ATTITUDES ARE THOSE OF A CHILD, A PARENT, OR AN ADULT DEPENDING ON HOW YOU FEEL AT THE TIME.

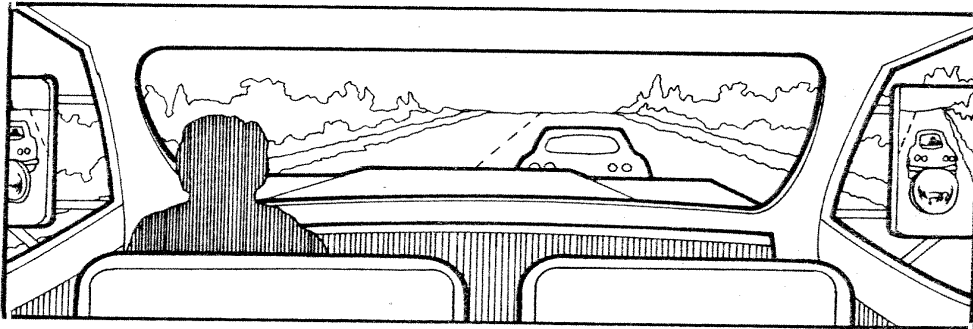
YOU NEED TO LEARN TO RECOGNIZE THE CHILD, PARENT, AND ADULT IN YOURSELF AS WELL AS IN OTHERS. REMEMBER EACH ATTITUDE HAS BOTH A POSITIVE (GOOD) AS WELL AS A NEGATIVE (DANGEROUS) SIDE TO IT. HERE IS A WAY OF LOOKING AT PEOPLE AND DETERMINING THEIR ATTITUDES:

	<i>POSITIVE</i>	<i>NEGATIVE</i>
CHILD	FUN-LOVING, HAPPY, CARE FREE AND VERY ENTHUSIASTIC	POUTING, UNRESPONSIVE, TEMPER TANTRUMS, IRRESPONSIBLE, NEED TO "WIN"
ADULT	SANE, RATIONAL, CLEAR THINKING, RESPONSIBLE FOR OWN ACTIONS, PLANS AHEAD AND THINKS POSITIVELY	STERN, UNFORGIVING, UNBENDING, PUNISHES TO "TEACH A LESSON"
PARENT	HELPFUL, FULL OF INFORMATION, BELIEVES IN VALUES, BUILDS CHARACTER	NONE!

WHEN YOU'RE IN LOVE, IT'S FUN TO HAVE A CHILD'S ATTITUDE. BUT BEHIND THE WHEEL, THIS CHILD ATTITUDE CAN ONLY MEAN TROUBLE. IF YOU WANT TO BE A CHILD, BE ONE AT THE APPROPRIATE TIME, IT'S A GREAT FEELING. HOWEVER, YOU MUST **STOP** BEING A CHILD AS SOON AS YOU GET BEHIND THE WHEEL. WHEN SOMEONE NEEDS HELP, A POSITIVE PARENT ATTITUDE IS EXCELLENT. BUT BEHIND THE WHEEL, THAT POSITIVE PARENT ATTITUDE CAN QUICKLY TURN NEGATIVE, STERN AND UNFORGIVING, AND THAT'S DANGEROUS. A **PROFESSIONAL DRIVER** HAS ONLY ONE ATTITUDE . . . AN **ADULT ATTITUDE**.

IT'S NOT EASY TO KEEP AN ADULT ATTITUDE WHEN YOU'RE DRIVING. THERE ARE A GREAT MANY CHILDREN AND PARENTS OUT THERE BEHIND THE WHEEL OF OTHER VEHICLES. HERE ARE SOME TYPICAL SITUATIONS THAT MAY CAUSE YOU TO LOSE YOUR **PROFESSIONAL DRIVING ATTITUDE**. ASK YOURSELF, DO I MAINTAIN MY **PROFESSIONAL DRIVING ATTITUDE**, THAT OF AN ADULT, IN EACH OF THESE SITUATIONS?

SITUATION 1: YOU'RE DRIVING DOWN A TWO-LANE ROAD AT THE SPEED LIMIT AND THE CAR BEHIND YOU KEEPS BLOWING HIS HORN TO PASS.

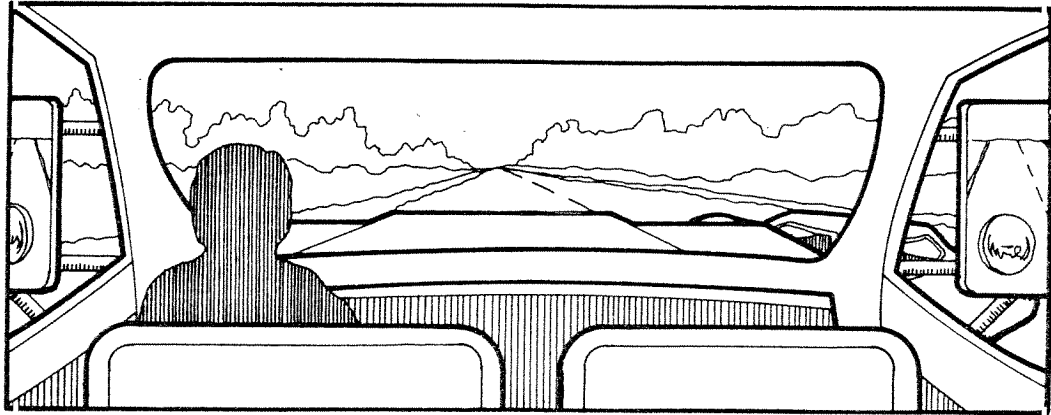


CHILD: ANGER

PARENT: KEEP GOING THE SPEED LIMIT AND TEACH HIM A LESSON.

ADULT: PULL OVER TO ALLOW HIM TO SEE THE ROAD AHEAD, OR EVEN PULL OFF THE ROAD TO ALLOW HIM TO PASS.

SITUATION 2: YOU OVERTAKE A VEHICLE ON A TWO-LANE ROAD THAT IS GOING WELL BELOW THE SPEED LIMIT. AS YOU START TO PASS, THE OTHER DRIVER SPEEDS UP.

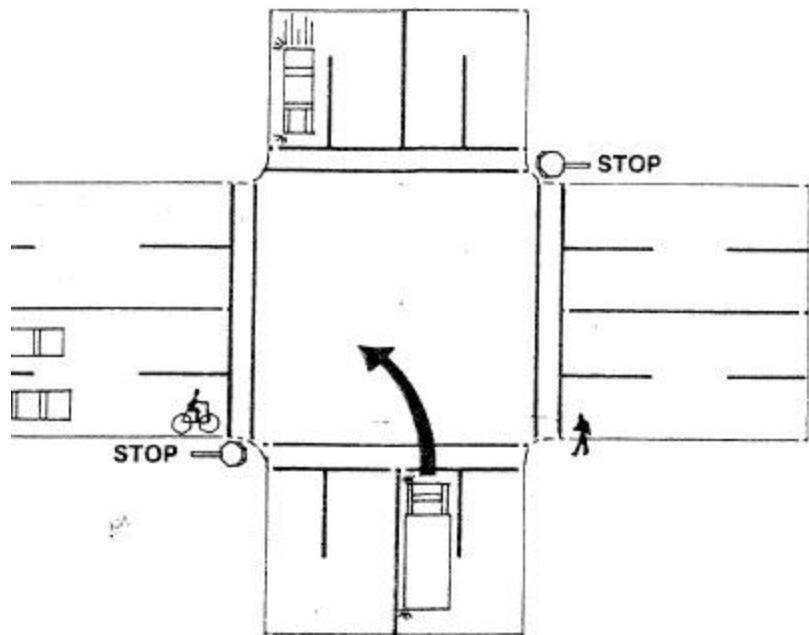


CHILD: YOU'RE OUT TO WIN SO YOU PASS HIM ANYWAY, EVEN IF IT BECOMES A RACE.

PARENT: YOU BLOW THE HORN AND START EDGING OVER INTO HIS LANE. YOU MAKE HIM SLOW DOWN TO GIVE YOU ROOM TO PASS.

ADULT: YOU DROP BACK BEHIND HIM AND RESIGN YOURSELF TO HIS SLOW DRIVING, WHAT'S A FEW MINUTES MORE.

SITUATION 3: YOU'RE WAITING TO MAKE A LEFT-HAND TURN ON A FOUR-LANE STREET. THERE'S A BREAK IN THE TRAFFIC AND YOU START YOUR TURN. YOU SEE THE CAR IN THE FAR RIGHT LANE OF THE ONCOMING TRAFFIC SPEED UP IN ORDER TO BEAT YOU OUT OF THE TURN.

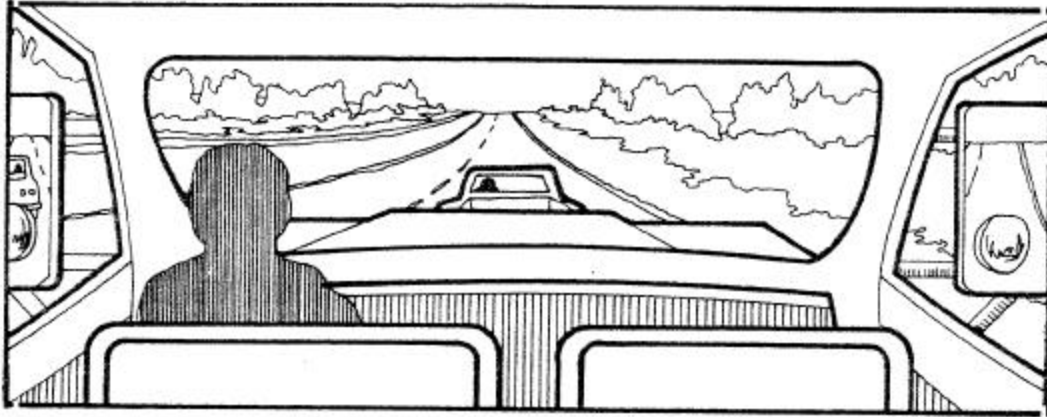


CHILD: YOU ACCELERATE TOO. YOU DON'T HAVE TO WORRY; YOU CAN WIN, AND YOU HAVE THE BIGGER VEHICLE.

PARENT: YOU CONTINUE YOUR TURN. IF HE WANTS TO ACT LIKE A CHILD, LET HIM SUFFER THE CONSEQUENCES.

ADULT: YOU SLOW DOWN AND STOP SHORT OF THE RIGHT LANE IF NECESSARY, UNTIL THE ACCELERATING CAR HAS PASSED.

SITUATION 4: YOU'RE DRIVING DOWN A FOUR-LANE HIGHWAY IN THE FAR RIGHT LANE. YOU PUT ON YOUR LEFT TURN SIGNAL TO INDICATE YOUR INTENTIONS TO MOVE OVER TO THE LEFT LANE. YOU NOTICE THE CAR BEHIND YOU IN THE LEFT LANE, BUT HAVE PLENTY OF ROOM TO MOVE OVER AHEAD OF HIM. YOU START TO SLOWLY MOVE OVER TO THE LEFT LANE AND NOTICE THE CAR HAS SPED UP SO MUCH, IT HAS BECOME A DIFFICULT SITUATION.



- CHILD:** CONTINUE MOVING QUICKLY INTO THE LEFT LANE CUTTING OFF THE OTHER CAR SO HE CANNOT PAS YOU.
- PARENT:** CONTINUE MOVING INTO THE LEFT LANE AND BY HAND SIGNALS INDICATE TO THE OTHER DRIVER TO SLOW DOWN AND STAY BEHIND YOU.
- ADULT:** STOP MOVING INTO THE LEFT LANE. CONTINUE IN THE RIGHT LANE UNTIL THE OTHER DRIVER HAS PASSED YOU AND YOU ARE AGAIN CLEAR TO MOVE INTO THE LEFT LANE.

FAULT, ATTITUDE, AND RESPONSIBILITY

THE MOST IMPORTANT POINT OF THIS LESSON IS TO HELP YOU DEVELOP AN **ADULT ATTITUDE**. IT'S EASY TO **BLAME** OTHER DRIVERS. VERY OFTEN THE OTHER DRIVER IS **WRONG**. THE DANGEROUS SITUATION IS NOT **YOUR FAULT**. BECAUSE IT IS THE OTHER DRIVER'S **FAULT**, WE FEEL JUSTIFIED IN OUR ACTIONS EVEN IF THERE IS AN ACCIDENT. FINDING **FAULT** AND PLACING **BLAME** ARE NOT ADULT ATTITUDES. THE ADULT ATTITUDE IS ONE OF **PREVENTING** DANGEROUS SITUATIONS AND ACCIDENTS FROM HAPPENING. AS AN ADULT OR **PROFESSIONAL DRIVER**, YOU CAN HELP THE DRIVERS ACTING AS CHILDREN OR PARENTS BY:

1. BEING A **PROFESSIONAL DRIVER** AT ALL TIMES AND NOT RESPONDING TO OTHERS WITH THESE POOR ATTITUDES WITH YOUR OWN CHILD OR PARENT ATTITUDE.
2. BEING A **PROFESSIONAL DRIVER** AND TREATING CHILD OR PARENT DRIVERS WITH YOUR ADULT ATTITUDE. STAY OUT OF THEIR WAY WHEN POSSIBLE AND GIVE THEM ENOUGH ROOM TO PREVENT DANGEROUS SITUATIONS FROM DEVELOPING.

3. NOT FINDING **FAULT** AND **BLAMING** OTHER DRIVERS. TAKE ACTION TO AVOID DANGEROUS SITUATIONS AND BE **POSITIVE** AND **PROFESSIONAL**.

**BEING RIGHT IS NOT WORTH AN ACCIDENT.
AVOIDING TROUBLE IS BETTER THAN BLAMING
SOMEONE ELSE FOR THE TROUBLE.**

TO APPLY **TA** TO YOUR DRIVING, THERE ARE A FEW RULES YOU CAN FOLLOW TO HELP YOU KEEP A **PROFESSIONAL DRIVING ATTITUDE** REGARDLESS OF HOW MANY PARENT OR CHILD DRIVERS YOU MEET ALONG THE ROAD.

1. **KNOW YOURSELF.** ALWAYS BE AWARE OF YOUR PRESENT ATTITUDE. KEEP “TUNED-IN” TO YOURSELF.
2. **ALWAYS KEEP AN ADULT ATTITUDE WHEN DRIVING.** YOUR JOB DEMANDS THAT YOU BE A PROFESSIONAL. **PROFESSIONAL DRIVERS** HAVE ADULT ATTITUDES.
3. **RECOGNIZE ATTITUDE CHANGES IN YOURSELF IMMEDIATELY.** YOU MAY START OUT AS AN ADULT, BUT ONE FOOLISH DRIVER COULD CHANGE YOUR ATTITUDE AND TURN YOU INTO A CHILD OR PARENT.
4. **STOP CHILD OR PARENT ATTITUDES AS THEY HAPPEN.** IT’S HARD NOT TO LET YOUR PARENT OR CHILD ATTITUDE COME TO THE SURFACE IN SOME SITUATIONS; BUT IF YOU’RE REALLY PROFESSIONAL, YOU’LL STOP THEM BEFORE THEY TAKE CONTROL AND RESULT IN TROUBLE.
5. **BE ALERT TO PARENT AND CHILD DRIVING ATTITUDES IN OTHERS.** GIVE SUCH DRIVERS LOTS OF ROOM. YOU DON’T NEED THE ACCIDENT THEY MIGHT CAUSE YOU.
6. **NEVER ASSUME ANOTHER DRIVER WILL ACT LIKE AN ADULT.** AS A **PROFESSIONAL DRIVER**, ALWAYS BE **PREPARED**. THAT IS, BE PREPARED FOR A DRIVER TO DO ANYTHING, REGARDLESS OF HOW FOOLISH, RIDICULOUS, IMPOSSIBLE OR IMPROBABLE IT MIGHT SEEM. DRIVE DEFENSIVELY!

THERE ARE A NUMBER OF SLOGANS YOU MIGHT LIKE TO CARRY AROUND IN YOUR HEAD. THEY COULD HELP YOU CHANGE YOUR ATTITUDE ON THE JOB WHEN YOU'RE REACTING WITH CHILD OR PARENT-LIKE ATTITUDES.

IT'S YOUR MIND; CONTROL IT!

BE A PROFESSIONAL DRIVER!

DRIVE WITH YOUR MIND, NOT WITH YOUR EMOTIONS!

CHILDREN BELONG ON THE PLAYGROUND, NOT BEHIND THE WHEEL!

DON'T LET A PARENT RUIN YOUR DAY!

95% IS NOT ENOUGH ... BE 100% PROFESSIONAL!

SUMMARY

SAFE DRIVING IS THE SUM OF:

20% SAFE VEHICLE

20% GOOD DRIVER PHYSICAL CONDITION

60% **PROFESSIONAL DRIVER ATTITUDE!**